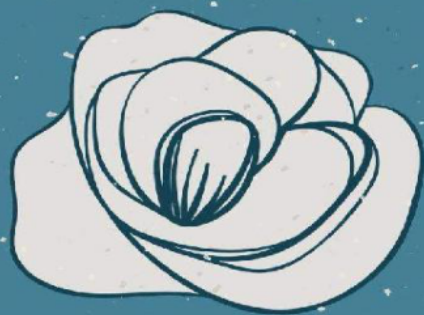


**for when she's  
feeling blue**



**poetry by  
edgar holmes**

# **for when she's feeling blue**

poetry by edgar holmes

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also by edgar holmes:

her favorite color was yellow

my love,

in my first book, i wrote about how much i loved you.

in my second book, i am writing you messages of hope and inspiration for when you're feeling blue. i hope that you will always remember them when you need them most.

edgar

## CHAPTERS

### **Chapter One**

Blue

### **Chapter Two**

Night

### **Chapter Three**

Hope

### **Chapter Four**

Light

## Chapter One

### Blue

i know that nothing can cure  
the sadness  
embedded deep within your heart

but love  
can crack open your shell and let in the light

my love, i will always be here when you need me most  
to love you  
and hold you close

i know that sometimes

you feel

as if the world is collapsing on top of your head

but do not lose hope because i know you

and i know that you are strong enough to hold up the chaos and find  
your peace even when it seems impossible

i hate their ignorant

statements

the way they tell you to stop worrying

or think positive thoughts as if such trite quips could suddenly cure  
the chemical imbalance in your brain

if only depression was that simple



i wish that i was able to take the burden off your shoulders

and though i cannot voyage into your mind  
and help you carry  
your sadness and fear

know that i  
am right here beside you through it all

you taught me that pain

is not something to hide,

that scars shouldn't be hidden under long sleeved shirts

i wish that my love for you could overflow these pages and inscribe  
itself permanently

onto your skin  
so that you never forget you are

l o v e d

you cannot help but compare yourself to everyone else

but know this, my love there is no one on earth who compares to you  
in any way

you are my definition of perfect  
i love the way  
your eyes look

as i wake up next to you in the morning

sleepy, content, so effortlessly beautiful

your insecurities creep up on you and tell you  
you are not enough

but you are

do not forget that as long  
as i have you to wake up to

everything will be just fine

don't be afraid to take some time to take care of yourself

self care  
is the easiest thing  
to forget

you ask me if you are too much to handle. my darling, i would light  
the world on fire just to dance in the flames with you.  
i will never let you go no matter how hard things get

i will always hold you close feel your heartbeat against mine

i have always been afraid

of growing old

but now

having loved you

i now see that i was afraid of the wrong thing

i'm not afraid of growing old

i'm afraid of growing old, knowing that i lost a love as powerful as  
ours, the only thing that made life  
meaningful.



it is okay

to admit

that you are broken

we cannot all be strong all the time

it is okay to take the time to piece yourself back together mistakes  
when turned into lessons are not mistakes at all

all that matters is that we learn as we live on

do not be too hard on yourself

dear god,

show me how  
to take the happiness she gives me  
and give it back to her

i know that you shy away

when i take pictures of you

but know that i will cherish each and every one of these sacred  
memories as we look back  
on a life well lived together

her soul

is a patch of soil

what you plant there she will grow

so place where you can seeds of lovely roses

compliments and hope and affirmation

and watch her bloom

love grows the most beautifully  
for those who have the patience  
to take care of it tenderly

the angels dance  
at your laughter

and heaven shines down when you smile

if i could only be

a mirror

for the light she is in my life

i could light the whole world

with her love

the greatest gift life gave me

was spending time with you

i want to love you better

than anyone else has ever loved you before

i shudder to think that in another life i had to live

without you

you

are a field of sunflowers in human form when you're feeling blue

know that there is nothing that i wouldn't do for you



## Chapter Two

### Night

when the night seems to stretch on forever and it feels like hope will  
never come over the horizon  
again

know that dawn always comes and hope  
will return to you in due time

nothing could have prepared me for the tremendous sadness of  
thinking  
i had lost you  
i knew it was true love when i couldn't stop loving you  
not just in the good times but when things were hard

the night is long and hope may feel lost but do not forget that there is  
always a silver lining

the thing about the night is it's the only time you can see the stars a  
thousand nights

in bed together

and yet

every night

it always feels

as if there is something new to try

men:

take all of the energy you waste  
on checking out other girls and liking their photos on instagram

and use it  
on your woman  
to show her  
how much you desire her

never let her feel unwanted

we are invincible

as long as we tell each other the truth  
a relationship built on trust is strong enough

to withstand

the winds of petty jealousies

i wish that every time

you looked in the mirror you saw the same perfection that i see  
every day  
you have made it through

tough times before

do not let  
the difficulties ahead make you forget  
how far  
you have already come

the world is too vast and dense  
to leave a legacy

i know that i will be forgotten  
soon after i die  
no matter how much i try to fight against  
that fact

but as long as i know i made your life  
better

that will be enough for me



though i think you are perfect know that this is not because i put you  
on some pedestal

i don't think you're perfect because you have no flaws

i think you're perfect because you live your life with such beautiful  
freedom unafraid  
of being seen  
for who you truly are

one of the many ways  
i know i love you  
is because of small silly things  
like the times  
i've cheated at games  
to let myself lose  
and let you win

i just love to see your joy at small little things  
and i'd rather see you happy than just try to win

i don't care

if there is no more purpose to my life  
than loving you

that is more than enough for me

your love

softened my hard edges and sewed up  
the wounds  
of past heartbreaks

i always thought

that i

wasn't tough enough and that no girl would ever love me because i  
was not 'manly' enough

but you loved me for who i am

without caring

about silly things like that

i only hope

i can show you

the same

unconditional love

let's sneak out

onto the roof just like old times with some rose petals and a bottle of wine

let's look at the stars and admire the sky let me tell you i love you as i look in your eyes

i know there will be

good days

and bad days

i think

it's almost more important to show you i love you on the bad days  
than it is

on the good days

there's something about persevering  
even when it isn't easy though i love to admire you with my eyes

i also love  
to admire you with my hands lips  
and tongue

in the darkness don't let  
their unkind words get to you

they are just jealous  
of your effortless goodness



i will rub the stress out of your shoulders until you are sound asleep  
then tuck you into bed with a glass of water by your bedside table

when you've found someone who lights your heart on fire

what's the use in waiting

or holding back? i want to spoil you in every way  
possible

## Chapter Three

### Hope

hope

does not exist  
without despair  
for if it did  
it would have no meaning

realize that in the same way your triumph  
over your struggles  
will be all the more powerful because of the struggle you went  
through

it doesn't have to be elaborate  
but spending time  
with your partner  
is so important

just taking a walk or having a picnic

don't forget  
to spend time together

people love each other in different ways

a lot of pain can be avoided by communicating  
how you want to be loved and how your partner  
wants to be loved

treat your relationship like it's important and put in the work to make  
it last

yin and yang your body  
and mine

harmony  
reflection symmetry

so this is what it feels like

to be all in on someone

no safety nets, no second options

my love, i am absolutely committed  
to you



you look at the path ahead and see

that you have  
so much further  
to go

but i want you to realize that every inch is a victory and you can be  
proud of yourself  
to have made it this far

know this:

i will always be there arms wide open  
ready  
to catch you  
when you fall

you  
are the reason the sun shines in the morning as long

as you keep  
holding on  
to your hope that things  
will get better

then nothing can truly  
stop you

arguments happen

even between the best of couples

the important thing is to stay determined to move past it and mend  
what has been broken

sometimes it feels like there could never be a remedy  
for your broken heart

but do not forget that even the worst of wounds heal  
if given enough time you can't escape your troubles in a bottle of  
whiskey

you may be able to push them below the surface for the night

but they will always come back to the surface in the morning

who needs getting high

when i have you

you make me feel high  
all the time

fate did not

bring us together across vast distances and through many tribulations

just to let us fall apart when we need each other most

the only thing

more important  
than having nothing to hide

is being with someone who trusts you enough to not check  
if you do

you make me feel

w h o l e

in ways no one else ever did before

i wish i could fall in love with life  
half as well

as you do more than anything else



that we are just human

reach out  
with open arms  
and a forgiving heart hope

is my hand in yours

you

in my arms

me  
telling you everything is going

to be alright what made you fall in love in the first place

she was the lightning

shooting across the sky not afraid  
to make her mark on the world  
never forget

that before

you are anyone else's

you

are

your

own

i can't make your sorrow disappear

but i can hold you and make you forget them at least for a moment

## Chapter Four

### Light

winter  
never lasts forever

her love was an ocean and i  
was just learning to swim

learning to be happy is such a painful, long process  
sometimes it feels like the journey will never  
bring you anywhere

i never want the sun to set on an argument between us

no matter

how angry we are with each other

we have to be committed to starting fresh

with each morning

i think people like the idea

of love

as something that solves all your problems

it isn't

and that's okay romance is not for the impatient or lazy

romance takes patience and hard work

if you are not willing to build  
towards the stars

do not bother laying a foundation in the first place the hardest days  
are when you have to put on a mask of happiness for the sake of those  
around you, but you realize by keeping them safe from worry you are  
only isolating yourself from their helping hands



strength  
does not come  
from hardening your heart so much  
that nothing  
can harm it

strength  
comes from the ability to be hurt  
and still be vulnerable still willing  
to risk pain

for the sake of love do not be afraid to let go of people who constantly  
bring a cloud of negativity

in front

of your sun

happiness

that has been fought for and taken

from the jaws

of despair

is so much more meaningful than easy happiness which flows  
effortlessly from a good life you may think that your struggle and your  
scars make you weak

but your struggle is what will make you strong enough  
to get through anything life can throw at you

i am convinced that there is

not one thing that we could not accomplish, as long as we do it  
together

i swear, my darling the way you love me

is enough to make me believe

in

m a g i c

i never want you to feel any doubt  
about whether or not i am here for you

if it takes  
every second  
of every day

i will give you all the evidence you could ever want of my devotion to  
you

i think there is something beautiful about the way we had to struggle  
and work for what we have instead of having it handed to us

never let your life become so

busy that you do not have time for the only person who truly matters

you taught me to live my life

fearlessly

to be excited

about the possibilities for good things

instead of terrified of the things that could go wrong more than  
anything i just want you to know

that knowing you has made me a better person

my darling

no matter where we are

you always make me feel at home

i feel so lucky

that i get

to make new memories with you

rather than look through our pictures

and wonder

what might have been i want to be the one

who is always there for you even when you feel

completely alone

you taught me that sometimes the most beautiful roses grow from the  
cracks in the concrete and not just in gardens  
if nothing else  
remember that you  
are strong enough  
to face your struggles even when it feels like you can't  
keep  
holding on

you can do this.

i promise.



to my readers,

thank you so much for  
supporting my work and allowing me to keep writing about the only  
person who makes my life feel like it matters.

if you don't already know, my first book is called 'her favorite color  
was yellow'. but i'm guessing if you're reading this you already knew  
that.

anyway, thank you and i love you all. if you want to reach out to me,  
you can reach me at [edgarholmesauthor@gmail.com](mailto:edgarholmesauthor@gmail.com).

thank you.

-edgar holmes